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Inn at the Forks banquet supervisor Bill Thompson serves Canadian Museum for Human Rights CFO Susanne Robertson a sampling of what the museum's restaurant will have on the menu when it opens next year. SHANE GIBSON/METRO

Inn at the Forks to run 'destination bistro' at CMHR

Museum dining.
Local restaurateur will emphasize fresh, local and ethical ingredients

SHANE GIBSON
shane.gibson@metronews.ca

Inn at the Forks has won its bid to operate the restaurant at the Canadian Museum for Human Rights (CMHR) and run catering services at the multimillion-dollar museum expected to open next year.

"We are designing and developing a destination bistro," Inn at the Forks general manager Ben Sparrow said at an announcement held at the still-under-construction museum Tuesday. "It will compete with the top restaurants in the city ... and it's intended to exceed the public's expectation of a restaurant in a museum."

The fully licensed restaurant, described by Sparrow as "a fast-casual bistro with fine-dining influence," will have seating for 67 inside, room for 100 on the patio and feature a menu with plates in the $10 to $14 range.

Sparrow said the yet-to-be-named restaurant will operate separately from the CMHR, and diners will not have to pay admission for the museum to get a table for their lunch, dinner or Sunday brunch.

Museum president and CEO Stuart Murray said their neighbours at Inn at the Forks were among several regional and national restaurateurs to bid for the opportunity, and they were chosen because of their experience and commitment to local and ethically sourced ingredients.

"Inn at the Forks is a tremendous partner for the Canadian Museum for Human Rights because ... of their ability to understand the importance of fair trade," said Murray. "We're thrilled to be a partner with them."

Sparrow said the restaurant would open shortly before the museum's official ribbon-cutting in 2014, which Murray said would be announced within the next couple weeks.

At the helm

Winnipeg's Number TEN Architectural Group is designing the restaurant's 1,400-sq.-ft dining room and 2,400-sq.-ft kitchen, and Inn at the Forks executive chef Barry Saunders will be the new restaurant's top chef.

Eat 'em up

Short on dinner ideas? How about a quick chili, a beefy salad or sweet potatoes tossed with kasha? PAGE 15

More flood funds vowed

Feds offer $200M in support for 2011 disaster PAGE 4

Justice of a kind

From Rorschach to Harry Brown, Hollywood can't resist the allure of crusading vigilantes PAGE 12

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Chan versus Katz continues

Conflict of interest. Case involving the mayor and restaurateur still not over with a decision regarding appeal put off

BERNICE PONTANILLA
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The Winnipeg restaurateur who took Mayor Sam Katz to court over a conflict of interest charge will have to wait longer to find out the fate of his appeal.

Joe Chan, the owner of the Cathay House, is appealing the April decision of Justice Brenda Keyser, who dismissed the complaint that Katz violated a section of a provincial conflict of interest law when he hosted a $3,000 taxpayer-funded Christmas party in December of 2010 at his own restaurant.

Chan's lawyer David Matas argued to the three-judge panel Keyser "made some legal errors," including that the influence had to be at a council meeting, not this Christmas party, and the type of expenditure, in this case for food.

"I would say even that's a legal error, that it doesn't matter whether it's a meal or a computer," he said following the hearing.

"As long as the councillor or the mayor has a monetary interest, that should be sufficient."

Katz's lawyer Robert Tapper argued Justice Keyser did take into account the events that led up to the Christmas party, calling the event itself "a trivial matter."

Tapper also argued there was no evidence to show that Katz directed staff to choose his restaurant and "it's absurd to think" that Katz would be aware of all the decisions being made — even though the invitations came from the mayor's office.

Following the arguments, the three judges took a break to consider if they could come to a decision, but then returned to inform the courtroom that a decision would instead come at a later date.

Chan, who was ordered by Keyser to pay Katz $10,000 in legal costs, said for him the matter is simple, "it's our (taxpayers') money and it's in his restaurant and he cannot do that, conflict of interest says that."

WITH FILES FROM THE CANADIAN PRESS

Joe Chan answers reporters' questions following his appeal hearing on Tuesday. BERNICE PONTANILLA/METRO

Parade plan put on hold after backlash

City officials are expected to pull the plug on a proposed change to a traffic bylaw that would have included bicyclists as well as pedestrians in the definition of parade.

The reversal comes less than a week after Winnipeg Police Patrol Sgt. Kevin Cisaroski went to the city's protection and community services meeting and spoke in favour of the change, which would have been in effect until a Public Works bylaw review that included parades was completed.

Coun. Jenny Gerbasi said the way the amendment was worded, it left open the possibility that groups of 10 or more cyclists could be fined up to $1,000 for not getting a parade permit.

"Basically it was an unintended side effect of a quick change to the definition to allow these larger parades and I don't think they realized the consequences of this," said Gerbasi, who is an avid bicyclist and participates in events where cyclists gather and visit restaurants, or bike to areas like Birds Hill.

Mark Cohoe, executive director of Bike Winnipeg, told Metro Winnipeg on Monday his group was planning to address this concern at Wednesday morning's executive policy committee meeting.

Cohoe said the amendment's language was "too broad."

"It could possibly be interpreted to include things like group rides, club rides or public tours that include 10 or more cyclists," said Cohoe.

BERNICE PONTANILLA/METRO

$40/carton. First Nations defend illegal smoke shop in provincial court

Arriving on horseback — some wearing headdresses and carrying ceremonial staffs — members of a Manitoba First Nation appeared in court Tuesday to defend their right to operate an illegal smoke shop which sold cigarettes at half the price.

The Dakota Chundee smoke shop near Brandon opened in 2011 and has been raided several times by police.

It has since shut down, but the battle goes well beyond the sale of Mohawk tobacco from Quebec for $40 a carton.

Craig Blacksmith, with the Canupawakpa Dakota First Nation, has been charged with a raft of offences under Manitoba's Tobacco Tax Act.

Blacksmith, who is representing himself in court, said he isn't beholden to provincial law and will argue the First Nation doesn't have official treaty status with Canada, so the government has no jurisdiction.

The province had no right to raid the smoke shop and seize its stock, he said.

"To them, they conducted raids," he said in an interview outside court.

"But, until they prove jurisdiction, those are nothing more than armed robberies. Break and enter, kidnapping, extortion — that's what the province is facing today."

The Manitoba government has said the possession and sale of unmarked tobacco products is illegal under the Tobacco Tax Act. The province has said the law applies to all tobacco sales, regardless of whether the cigarettes are sold on or off reserve, by aboriginal or non-aboriginal businesses. THE CANADIAN PRESS

Bill Norrie commemorated in mural

Helen Norrie, wife of former Winnipeg mayor Bill Norrie, looks at a photo of herself, painted into a mural honouring her late husband. The popular long-time mayor can be seen depicted above and behind his wife in the mural unveiled at the corner of Ellice Avenue and Langside Street Tuesday.

SHANE GIBSON/METRO

Main and James

Alleged perv runs after groping teen

Winnipeg Police are looking for a man who they say groped a teen on Friday evening.

Police said a 17-year-old was in the area of Main Street and James Avenue at about 10 p.m. waiting in the area.

A man confronted the teen and groped her. When she demanded that he stop, he threatened to hurt her with a weapon, police said. The man ran away when other people approached.

Police are looking for an aboriginal male, 40-50 years old, five-feet-nine inches tall, with a slim build, short hair and clean-shaven face. METRO

Main, near Sutherland

Woman sexually assaulted in broad daylight: Police

A woman was sexually assaulted after being confronted by a man asking for change Monday, police say.

Winnipeg police said the woman, 29, was walking on Main Street near Sutherland Avenue just before 1 p.m. when she spotted a man following her. When he approached her, he asked for some change. While she dug in her purse for some coins, he grabbed her and forced her towards a nearby building.

Police are looking for a white man, 40, about 5'9, 200 lbs, with a shaved bald head, pointy nose, and a circular scar on his chest. METRO

Feds pledge $200M for Manitoba flood

Assiniboine and lakes. Ottawa divvying up relief money for Canadian disasters

Alberta may soon get an initial, interim payment of $500 million from the federal government to help cover the cost of this summer's devastating flood, Public Safety Minister Steven Blaney said Tuesday.

Federal reimbursements under the Disaster Financial Assistance program, which requires Ottawa to cover up to 90 per cent of disaster costs, often take years to process as infrastructure is rebuilt and expenses are tallied and verified.

But Ottawa is moving to make interim payments more quickly, Blaney said in Winnipeg.

"I can confirm that we are evaluating the possibility of moving forward with an interim payment of $500 million, but this is still being processed and there has been no announcement made yet," he said.

Blaney was in the Manitoba capital to announce a third instalment of funding for the 2011 flood that forced thousands of people from their homes along the Assiniboine River and several lakes.

Manitoba is expecting to eventually recoup $620 million from the federal government. It has received $300 million so far, $200 million of which was announced by Blaney Tuesday.

The Alberta government will almost certainly receive much more as well.

The province has estimated the cost of the Alberta flood at $5 billion, although not all of that money involves emergency measures that would qualify under the Disaster Financial Assistance program.

Manitoba is still awaiting word on whether Ottawa will refund the cost of a $100-million emergency channel that was built to drain Lake St. Martin.

Damage from the 2011 Manitoba flood has been pegged at $1.2 billion — a fraction of the havoc wreaked this June in Alberta, where more than 14,500 homes were damaged.

THE CANADIAN PRESS

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Special delivery. Drugs, weapons arriving in Canada through the mail

Criminals are using the Canadian postal system to transport illicit goods including guns, grenades, dangerous chemicals and, in one case, even a rocket launcher, says a newly declassified RCMP report.

Counterfeit items as well as drugs such as cocaine and heroin are also arriving in the country through Canada Post, says the report.

It calls for greater collaboration between police and postal officials to detect suspect parcels, noting legislation limits the ability of police to search and seize mail.

"There is a diverse range of contraband goods being shipped through the Canadian postal system, some of which pose a risk to the safety of Canadians," says the November 2012 report, which draws on information from more than a dozen police forces and Canada's border agency.

The report, prepared by the RCMP's criminal intelligence section for the organized crime committee of the Canadian Association of Chiefs of Police. helped substantiate what chiefs across the country had been hearing anecdotally, said Bruce Herridge, deputy chief of York Regional Police in Ontario and co-chairman of the committee.

THE CANADIAN PRESS

B.C. Kids' watchdog says it's a miracle abused girl branded 'evil' survived

B.C.'s children's watchdog says a girl who was nearly starved to death endured 18 months of abuse after being branded an "evil child" at her grandfather's home in Saskatchewan.

Mary Ellen Turpel-Lafond made the comments Tuesday as she released a report examining the tragic treatment of a three-and-a-half-year-old aboriginal girl who was moved from B.C. to Saskatchewan, where her mistreatment continued.

Turpel-Lafond said policies and standards for placing vulnerable children in homes across Canada must undergo reviews to better support the needs of kids and families.

She said Children's Ministry officials should have known better than to place the girl with a man who was known as a poor and abusive parent.

"This child's best interests were never taken seriously, and as a result she was ... severely traumatized and emotionally and physically injured."

She said it's a miracle the girl, who now is eight years old, survived her mistreatment.

THE CANADIAN PRESS

Former Saint Mary's student returns degrees

Frosh week pro-rape chant. Calgary businessman urges president to step down to help repair 'damaged reputations'

HALEY RYAN
Metro in Halifax

In the cool air of Tuesday morning, Daren Miller leaned his two degrees from Saint Mary's University against the fence around the former Halifax Infant's Home and walked away.

Miller, a chartered financial analyst living in Calgary, flew to Halifax to return his Bachelor of Arts and Bachelor of Commerce degrees to Saint Mary's in the wake of a pro-rape chant caught on video during frosh week.

Hundreds of first-year students were led in a chant spelling out "young," with lines like, "U is for underage, N is for no consent."

Saint Mary's registrar Paul Dixon greeted Miller and accepted the degrees after they were placed against the fence.

"I feel very sad having done it. It represented five years of extremely hard work," said Miller, who graduated in 1995.

The degrees will also be removed from his resumé, Miller said, because he wanted to distance himself from the culture of misogyny at the university.

Miller called for Saint Mary's president Colin Dodds to step down on Tuesday, and have the school hire someone with experience handling "damaged reputations," saying a culture shift can only happen with "change at the top."

"The university respects his right to protest," said university spokesperson Steve Proctor, who added Miller had turned down Dodd's invitation of a private meeting.

Miller said despite his own feelings, turning over the degrees was also to stand with those who feel "marginalized" at Saint Mary's, and with victims of sexual abuse across the country.

"For me, this will go away," Miller said. "For … someone who has been abused, that will live with them their entire lives."

Miller said he is "under no illusion" that rape jokes and sexist behavior are just a Halifax problem.

"My idea of Canada does not include this rape culture. I was absolutely shocked to see something like this in 2013," Miller said. "I think men need to understand, particularly on a campus scene, that no means no."

Daren Miller of Calgary poses for a portrait in Halifax prior to returning his degrees to Saint Mary's University on Tuesday. JEFF HARPER/METRO IN HALIFAX

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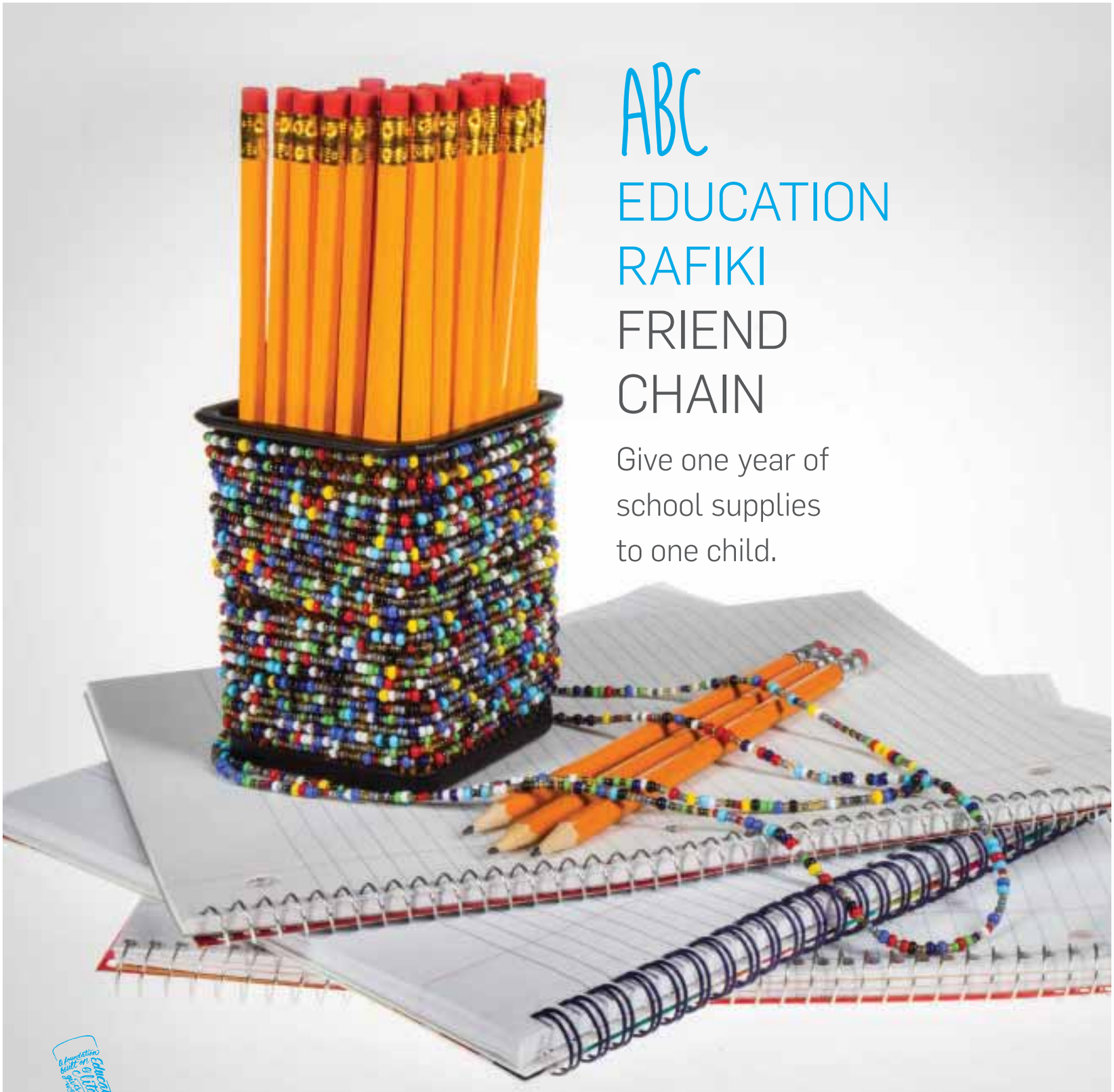

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Victims' families fight committee's quest for standing

Lac-Mégantic disaster. U.S. bankruptcy trustee says all creditors are already represented at MMA proceedings

Rescue workers at the site of the Lac-Mégantic train derailment on July 16. The crash killed 47 people.
THE ASSOCIATED PRESS FILE

The families of some victims of the deadly rail crash in Lac-Mégantic are opposing a Quebec committee's quest for official standing at Montreal Maine & Atlantic's bankruptcy proceedings in the United States.

The estates of 18 victims of the July 6 derailment and explosion told a U.S. court in Maine that they object to the Quebec group's efforts to be appointed as an official creditors' committee to represent the provincial government, the municipality and some wrongful death and personal injury claimants, along with those that sustained property damages.

Trustee Robert Keach says the appointment is unnecessary because he represents the interests of all creditors, including the victims of the derailment and those who filed class-action suits in Illinois. He adds that recognizing the committee would increase costs and "sap what limited resources of the debtor exist."

THE CANADIAN PRESS

Hazardous rail cargo

Mayors face pushback from feds

A push by municipal leaders to know more about hazardous rail cargo rattling through their communities is raising security concerns in the federal government.

Claude Dauphin, the president of the municipal federation, says Transport Canada officials are concerned any advance information on the movement of hazardous goods could fall into the wrong hands. But he says mayors are not looking for individual cargo manifests.

Most likely to give you malware

English actress Lily Collins attends the premiere of The Mortal Instruments, City of Bones on Aug. 22 in Madrid. If you're curious about Lily Collins and head to the Internet to find out more, beware: McAfee has ranked the actress as the most dangerous celeb to search for online. Searches for Collins posed the biggest risk of landing on a malicious site, according to the computer security company; last year Emma Watson topped the list. A person could be led to malware after doing a general search and clicking on dubious links, but risks increased when searchers added phrases like "free apps" or "nude photos."

ABRAHAM CARO MARIN/THE ASSOCIATED PRESS

Celebrity spokescat

Shut up and eat the kibble: Grumpy Cat gets food deal

It probably won't affect her mood, but Grumpy Cat now has an endorsement deal. The frown-faced web sensation, real name Tardar Sauce, is now the "spokescat" for a Friskies brand of cat food, Nestle Purina PetCare said Tuesday. Photos of Grumpy Cat, her brown and white face in a constant scowl, are a constant presence on social media.

THE ASSOCIATED PRESS

Market Minute

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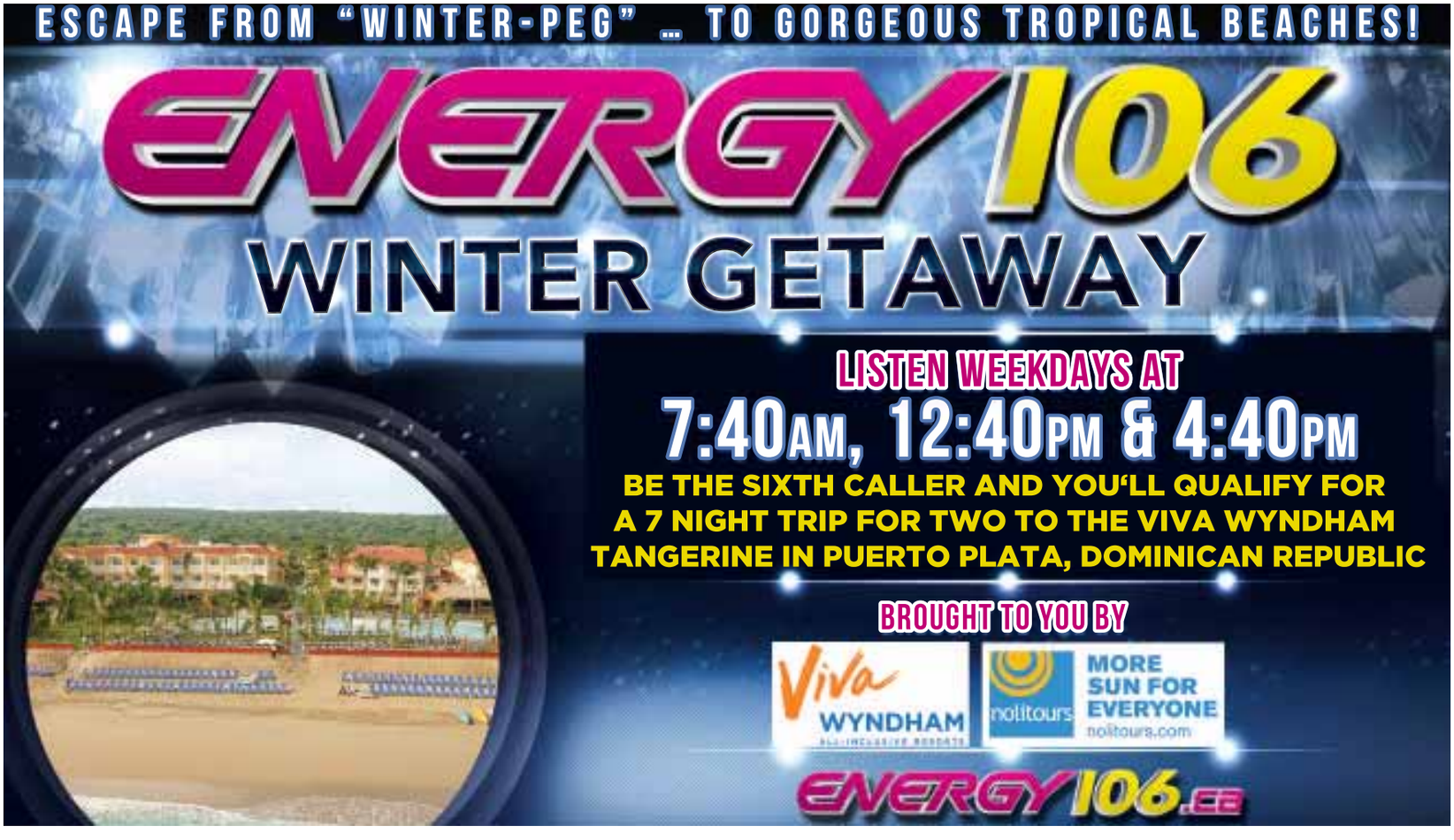
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THESE WILL KNOCK YOUR SOCKS OFF

JUST SAYIN'

Paul Sullivan
metronews.ca

Some addictions are bad for you, e.g. crack cocaine or cracked pepper potato chips.

Some addictions are good for you, e.g. Iron-Man triathlons.

Some addictions, it's hard to tell, e.g. peanuts and trivia.

An addiction to trivia can have dire consequences for innocent bystanders, especially if you find yourself a captive audience on a crowded airplane or at a dinner party where the main dish is composed mostly of quinoa.

Of course, it depends on the quality of the trivia. There is boring trivia, and then there's the stuff you simply can't get enough of. If you ask me, we spend too much time on the boring stuff — especially on quiz shows like Jeopardy and the Million Second Quiz. It's all about the prize money, but the trivia, meh.

It doesn't have to be that way. Did you know that the universe is shaped like a vuvuzela (that annoying South African soccer horn)? Well, you do now. Just try to forget it.

Or how about: In 2008, a man in Ohio was arrested for having sex with a picnic table. How could you not want to know that?

There's more: Did you know that Saddam Hussein's secret bunker was designed by the grandson of the woman who built Hitler's secret bunker? All in the (Bunker) family …

You need to know this stuff. And there's plenty more where that came from. Precisely 1,224 items in a book created by the people behind the British quiz show QI called 1,227 Quite Interesting Facts to Blow Your Socks Off (A quite interesting book).

British quiz shows are more interesting than North American quiz shows because they're not exercises in crass one-upmanship for cash, not that there's anything wrong with that. But QI understands the true beauty of trivia. Once you know that Italy's biggest business is the Mafia, accounting for $178 billion a year and seven per cent of that country's GDP, you will hold your own wherever you sit at the table.

Trivia is important because "everyone is entitled to their own opinions, but they are not entitled to their own facts" according to legendary U.S. Senator Daniel Patrick Moynihan (1927-2003), which is the epigraph at the outset of 1,227 Facts etc. If you simply can't stand to sit through yet another fatally flawed socio-politico-econo-cultural analysis of this or that big issue, simply wait for a lull in the conversation and let 'em have it:

Did you know that a female ferret will die if she doesn't have sex for a year?

And if that doesn't do it this will: The founder of match.com, Gary Kremen, lost his girlfriend to a man she met on match.com.

You won't even need to justify the interruption and it will instantly dispel any conversational fog built up in the room.

Now, if you're getting bored, here are a couple of quickies to chew on as you head into work this morning:

Light travels 18 million times faster than rain. And Beyoncé is the eighth cousin, four times removed, of Austrian composer Gustav Mahler.

Beats crack cocaine or peanuts, doesn't it?

ZOOM

Battery drained? Use elbow grease

COURTESY JOE KIEZ

Device charges gadgets with human energy

You have lots of energy to make it through the day, but your cellphone battery doesn't. Not anymore.

A student from Humber College, in Toronto, has designed a device that could harvest kinetic energy from human motion to generate energy to charge a wide variety of gadgets such as cellphones, MP3 players, smartphones and tablets. The current design — dubbed ENE — has theoretically demonstrated it can charge 20 times faster than traditional electric methods.

Designed by college student Joe Kiez, the innovation has been nominated and shortlisted for the James Dyson Award. **METRO**

James Dyson Award

- An international design award from Sir James Dyson, famed U.K. vacuum inventor.
- College and university students compete from 18 countries.
- The winners will be announced Nov. 7.

Power of the people

"If you move, you are using and outputting power. Anyone and everyone that moves, has the potential to create harvestable energy."

Joe Kiez, Humber College student and James Dyson Award nominee

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Train? Check. Cross-train? Check. Blog, tweet, Instagram? Check. For many athletes, physical training is just one part of 'making it' as a professional athlete, while hollering at fans and drawing attention to the sport is another (especially for our dear Canadian athletes). Meet Canada's blogging, tweeting, instagramming runners:

COURTESY RITA IVANAUSKAS

Rob Watson:

LeblogduRob.com sheds some light on the life of the London, Ont.-born runner who "digs the sport and digs the grind." You can also find him at @robbiedxc.

Reid Coolsaet:

There's more to this runner's Instagram account than races and roads, follow @reirdcoolsaet for arty portraits, landscapes and even beer drinking. As well, find his ramblings at Float On blog at reidcoolsaet.com.

Twitter

@metropicks asked: Three Toronto firefighters were fired for sexist tweets. Should a boss be allowed to axe for personal tweets?

@Cazzy: It's up to the individual to make sure their online presence is hidden enough to not affect their job.

@johnkuypers: Firing 3 Toronto firemen over sexist tweets could be the worst leadership move I've seen in a while.

Follow @metropicks and take part in our daily poll.

Comments

RE: Three Toronto Firefighters Sacked Over Sexist Tweets; Unions Express Anger, published Sept. 17

Unions should not be allowed in any governmental office. The provincial statues and federal laws should be enough.

David Fletcher posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

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Love in the time of technology

Aziz Ansari. Comedian aims to hit a deeper chord with audiences in his newest set, which will headline Toronto's JFL42 festival

Have you heard the one about the Indian comic? Because Aziz Ansari has — and he's pretty bored with it.

After enduring some racially inspired jabs at the hands of some of comedy's top stars for Comedy Central's recent roast of bleary-eyed James Franco, Ansari took his turn at the dais and shooting back, with his trademark earnestness: "I think it's so cool that some of you guys were able to travel back in time to 1995 for some of those Indian jokes you did. That's so cool!"

"Even with the sitcoms these days, it's people like me or Mindy Kaling and others — there's no 7-11 jokes or anything like that. I think the culture really has moved beyond that stuff, and that's why it was kind of jarring to hear those kinds of jokes and it's like, 'Really, you're really going to go there with this; you think that stuff is relevant anymore?"' he said in an interview.

He's certainly been around the stand-up circuit long enough, too — 12 sneaky years for the comedian with the boyish features and the contagious on-stage excitability, who has risen to fame by stealing scenes in the NBC comedy Parks and Recreation as the cad Tom Haverford, and in the 2009 Judd Apatow vehicle Funny People.

Now, he's set to headline Toronto's JFL42 comedy festival, which will mark one of the first large-venue crowds that will see his new, still-untitled hour of comedy, exploring love in the time of technology — an issue in which, he says, he has some expertise.

"It's what I'm dealing with in my life — dating, trying to find someone, maybe not trying to find someone," said the 30-year-old. "I write my stand-up about whatever's consuming my head and when I was writing this stuff, that's what I was doing a lot.

"It was like, 'Man, this is such a weird time to be a person trying to find love. It's a very frustrating time in a lot of ways.' And it's struck a chord, with both men and women."

While his previous sets featured more standard comedic observations — stories about his North Carolina upbringing, about the time-sucking properties of the Internet, and the hijinks of his wide-eyed little cousin Harris — he calls this set his most difficult yet, aiming to spew his emotional guts while busting his audience's too.

"(With this set) I really tried to hit in a deeper way than I did with the other shows. This one, I'm really trying to do something different and I think I pull it off, but we'll see."

THE ASSOCIATED PRESS

Comedian Aziz Ansari will explore love and technology in his new show. CONTRIBUTED/THE CANADIAN PRESS

Dress up, fight crime, save the world

New movie. Hugh Jackman stars in the Prisoner, which treads on a familiar theme of taking the law into our own hands

IN FOCUS
Richard Crouse
scene@metronews.ca

Hugh Jackman stars in Prisoners, opening this weekend. CONTRIBUTED

In this weekend's movie Prisoners a father, played by Hugh Jackman, kidnaps the man he thinks abducted his daughter and her young best friend.

It's a classic case of vigilante justice, a practice another movie character, Foxy Brown, called "as American as apple pie."

It's also illegal, dangerous and morally unsound, but that doesn't stop Hollywood from featuring vigilantes in their stories.

Comic books have supplied the movies with vigilantes for years.

According to comicbookmovie.com, "It is important to state one truth," they write, "(and) that is, all comic book heroes, unless sanctioned by the government, are vigilantes."

That's a wide group that includes, among others, Batman, Spider-Man and Iron Man.

Lesser known is Rorschach, the anti-hero of the graphic novel The Watchmen and played by Jackie Earle Haley in the movie of the same name.

He's a masked crime fighter who believes in only good and evil. This black-and-white morality drives his ruthless need to punish evil-doers at all costs.

Quote

"Were it not for costumed vigilantism. He'd have nothing."

Jackie Earle Haley
In the movie The Watchmen

"Were it not for costumed vigilantism," says the actor, "He'd have nothing."

Rorschach is effective and lethal, but Paul Kersey didn't wear a costume to earn his star on the Vigilante Walk of Fame.

As played by Charles Bronson in five Death Wish movies, he cleaned up the streets with an efficiency that would make the Watchmen envious.

In the original 1974 film Kersey is an architect driven to taking the law into his own hands following the brutal murder of his wife.

"If the police don't defend us," he says, "maybe we ought to do it ourselves."

Star Bronson was quick to say that he didn't "advocate anyone taking the law into their own hands," but knew that the Death Wish movies were popular because, "Audiences like to see the bad guys get their comeuppance."

Harry Brown is a gritty Gran Torino with British accents and a dash of Death Wish.

Michael Caine plays the title character as High Noon's Gary Cooper, but instead of being set on the wide open plain, the action in this Teabag Western takes place in the urban terrain of the Elephant and Castle section of London.

"This movie changed me," Caine said.

"I started out thinking, 'Let's go out and make a movie about killing all these scumbags,' and then I met these people and realized they were helpless, just as much as the victims, and they had been neglected and they need help."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

January Jones. ALL PHOTOS GETTY IMAGES

January Jones linked to Miley's separation

January Jones might not have been the reason for Miley Cyrus and Liam Hemsworth's engagement falling apart, but she reportedly didn't help matters much.

Sources tell Us Weekly that Hemsworth had been pursuing the Mad Men star fervently in the months leading up to the split.

"January consoled him," a source says.

"January thinks Liam is so sexy."

A rep for Jones, however, says, "This is absolutely untrue."

Cyrus' rep confirmed earlier this week that the couple's engagement is officially off.

Sandra Bullock

Bullock comes to terms with divorce

It's taken more than three years, but Sandra Bullock is gaining some perspective on the disintegration of her marriage to Jesse James after his infidelity came to light.

"We're all where we're supposed to be," Bullock tells Vogue.

"I am exactly where I want to be now. You can't go backward. I'm not going backward. I'm grateful that I'm here, blessed to have what I have. Nobody can be prepared for anything."

Twitter

@NiallOfficial
I like playing the guitar a good bit!

@WhitneyCummings
If you follow more than 200 people on Instagram you have no boundaries and your boss hates you

@oliviawilde
I've been in Portland 1 hour and have already built a wooden iPhone case and eaten a bowl of tahini. What could possibly be next?

The Word

Robin Williams returns to TV because he's broke

THE WORD
Melinda Taub
scene@metronews.ca

It's a sign of the times that so many movie stars quietly return to television after a few years or decades. Most will claim it's because TV is so creatively vibrant now, or whatever.

Not Robin Williams. He'll happily admit that he signed on to his new TV series The Crazy Ones, with Sarah Michelle Gellar, for the dough, which will then go to his ex-wives.

"The idea of having a steady job is appealing," Williams told Parade Magazine. "I have two (other) choices: go on the road doing stand-up, or do small, independent movies working almost for scale (minimum union pay). The movies are good, but a lot of times they don't even have distribution. There are bills to pay. My life has downsized, in a good way. I'm selling the ranch up in Napa. I just can't afford it anymore."

Impressively candid. Most movie stars, even if their star has clearly dimmed, don't like to admit they're not high rollers anymore.

And Williams has two ex-wives, which he admits takes a big bite out of his income.

"Divorce is expensive. I used to joke they were going to call it 'all the money,' but they changed it to 'alimony.' It's ripping your heart out through your wallet."

Mark Wahlberg

Mark Wahlberg finally gets his diploma

At 42, Mark Wahlberg is finally a high school graduate, the actor — who dropped out in the ninth grade — revealed the milestone in an op-ed piece for the Huffington Post earlier this week.

"I was fortunate to find out I could attend high school online. For almost a year, I've been taking classes and studying any chance I could get — on the set, travelling for work and at home. It has been both humbling and challenging, but I'm happy to report that I am officially a high school graduate."

Justin Theroux

Theroux scaling back his art collection

Justin Theroux admits that building a life together with Jennifer Aniston has meant some compromises — like ditching some questionable artwork.

"They're just these open mouths, with tongues, and in the throats are different stages, labeled, of syphilis and gonorrhea and whatever. Those definitely found a great place in my office in L.A. They weren't going to be above the fireplace anytime."

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Sunny days in Los Angeles

Guide. From star-style fare to more budget-friendly options, this city has it all

JIM BYERS
@jimbyerstravel
jimbyerstravel.com

It's impossible to capture such an immense city in one story so I'll keep this focused on Hollywood and downtown Los Angeles, which has seen an incredible resurgence.

Sleeping

The Roosevelt, a Thompson property, was home to the first Academy Awards ceremony, which lasted only minutes (if only it were still the case). Marilyn Monroe often did photo shoots at the pool and used to sleep there regularly, amongst other things. There's a cool, old-fashioned, two-lane bowling alley in a funky upstairs bar, an airy, Spanish-looking lobby and fun, modern rooms. Prices in October from $299. Downtown, The Standard offers a chic rooftop bar and rooms from $225. There's also the sleek Ritz Carlton, part of the L.A. Live entertainment complex. There's a beautiful pool and bar on the 26th floor and a Wolfgang Puck restaurant. Rooms in October from $419.

Dining

Try Public at the Roosevelt in Hollywood for grilled octopus or even rabbit, served in a bright room with diamond-tufted banquettes and lots of dark wood. The burgers at the hotel burger bar, called 25 Degrees, have been voted L.A.'s best many times. They also serve up a chocolate milkshake with, um, Guinness. A personal favourite for budget types is Tommy's Burgers at Beverly and Rampart, where the gooey, napkin-destroying chiliburgers are legendary. Downtown, near Union Station, you'll find Philippe's original. The place has hardly changed in decades, right down to the pickled eggs on the counter and the wait staff. Angelenos of all colours and creeds gather to munch on roast beef French dip sandwiches (ask for a double dip for more juice) and local beers. It's just 65 cents for lemonade and 45 for coffee. Former mayor Richard Riordan runs the Original Pantry. They serve up excellent hash browns and spicy Portuguese sausage at breakfast.

The Roosevelt is a great old hotel in Hollywood that's seen its share of glamour over the years. PHOTOS JIM BYERS/METRO

The Sunset Hollywood Ranch is a wonderful spot to soak up southern California's cowboy culture.

Drinking

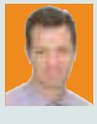
The Library Bar at The Roosevelt is a tiny spot with dark wood and zebra-striped chairs. Bartenders have locally grown herbs on the counter and will mix a drink to your taste. I had bourbon with lemon and rosemary that was fresh and flavourful. Just down the road, Musso and Frank is known for both steaks and perfectly dry martinis served in an old-time setting. There's a cool rooftop spot at Perch on Hill Street, complete with fireplaces. (Hey, it can get cold in L.A. at night).

Doing

Olvera Street is an old Mexican-American area with souvenir stands selling cheap, colourful guitars and great knickknacks for a few bucks. You can dine on cheap burritos or tacos and watch mariachi bands in full dress. Wander down to the Disney Concert Hall, designed by Ontario's own Frank Gehry. The nearby Angels Flight is an old-time funicular that takes you up (or down) Bunker Hill for 50 cents and is billed as the shortest railway in the world (just shy of 91 metres) The Grand Central Market has gorgeous produce and a shop selling jars of sarsaparilla, comfrey, ginger and more. Want a real change? Try a horseback ride in the hills with the folks at Sunset Hollywood Ranch), where you'll find remnants of southern California's cowboy culture and outstanding views.

On a budget?

Do Europe on less than $50 a day



ON THE MOVE
Loren Christie
life@metronews.ca

Budget travelers rejoice! Europe on $50 a day is still possible.

Accommodation

Hostels are no longer just for the young. If you are game, you can expect a shared bathroom and a basic dormitory style bedroom with anywhere from six to 20 other guests slumbering beside you. The prices vary between Eastern and Western Europe but they almost always include free breakfast and sometimes a free walking tour or bike rental. For $10 you can buy a membership gold card forhostelworld.com, which allows you to save on the $2 service fee every time you book. Camping is another way to cut down the budget. Scandinavia is one of the most expensive areas on the continent to travel but there is actually a law in Norway and Sweden that allows you to camp for free in any public place.

Food and drink

Don't be afraid of street food. It is a unique culinary experience; cheap and delicious. The sausages you can buy in Germany and the Czech Republic are way better than a cheap restaurant experience. Consider shopping for your own groceries. Many hostels offer access to a kitchenette if you want to cook yourself a hot meal or have a picnic. If you are anxious for a restaurant meal, take the time to source out three different options. Force yourself to always compare prices before making a final choice.

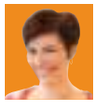
Sites and attractions

Your first stop should always be the local tourist office. Look for a list of free attractions and don't forget to grab a map. The back page is often full of discount coupons to local must-sees. Downloading free audio tours are another great way to learn about the destination. Search for alternatives to the expensive attractions. For example, in Barcelona skip the cable car and hike up to Parc Guell. You will share the same incredible view with people who just paid 20 euros.

Transportation

Travel on regional commuter trains and avoid the expresses. It may take longer but the savings are significant. For longer trips don't buy a Eurail pass. It is too restrictive and limiting and you also end up paying a reservation fee for every booking. A good alternative is the Eurostar bus company. Their pass covers a larger territory, offers flexible booking options and is cheaper.

Faster, lighter, cheaper chili



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

There is enough here for two plus lunch.

Hearty beef chili gets so boring and this version is faster, lighter and contains more delicate flavours.

Buy ground chicken on sale in a large pack and break it down into smaller, useable packages.

Wrap tightly to freeze and it will last you a year. Better yet, double or quadruple this recipe and freeze the cooked chili and save yourself both time and money.

1. Bring chicken stock to boil in a large skillet.

2. Add all ingredients except beans; cover and simmer to blend flavours, about 15 minutes.

3. Add kidney beans, undrained; simmer until heated through, about 5 minutes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PRIVATE NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1/4 cup chicken stock ($0.40)
- 1, medium onion, chopped ($0.88)
- 1 large clove garlic, minced ($0.05)
- 1/2 lb ground chicken ($3)
- 1/4 cup drained canned green chilies, coarsely chopped ($1.29)
- 1/2 tsp dried oregano ($0.03)
- 1/2 tsp ground cumin ($0.05)
- 1/2 teaspoon ground coriander ($0.07)
- pinch ground cloves ($0.01)
- pinch tsp cayenne pepper ($0.01)
- 16 oz white kidney beans (cannellini beans) ($1.29)

Total: 7.08/ per serving: $1.77

Five-Spice White Chili

This recipe serves four. LIZ BEDDALL OF LIZBEDDALL.COM

Drink of the Week

Passionate Sangria

As summer comes to an end, sip your way into fall with this Passionate Sangria. It's not only tasty but also easy to make.

- 1 bottle (750 ml) Solaz Tempranillo Cabernet Sauvignon
- 2 oz Duff Gordon brandy
- 2 oz Cinzano sweet red vermouth
- 1 cup pineapple juice
- 1 cup passion fruit juice
- Slices of oranges, lemons and limes (seeds removed)

Add all ingredients into a pitcher and gently stir. Refrigerate for 4-10 hours. Remove from refrigerator, add ice and stir gently before serving.

RECIPE & PHOTOS COURTESY OSBORNE SOLAZ

Texturally pleasing to palate Kasha & Sweet Potato Salad

More than satisfying, as well as texturally pleasing to the palate, this gluten and dairy-free, wholesome salad combines kasha with nutrient dense avocados and sweet potato.

It can be made up to two days before serving, making it ideal for those who like to plan ahead for meals.

Ingredients

- 2 cups (500 ml) vegetable broth
- 1 clove garlic, minced
- 1/2 tsp (2 ml) ground cumin
- 1 cup (250 ml) kasha or buckwheat groats
- 1 large sweet potato, peeled and cut into 1/2-inch (1 cm) cubes
- 1/4 cup (60 ml) red wine vinegar
- 3 tbsp (45 ml) extra-virgin olive oil
- 2 tsp (10 ml) Dijon mustard
- 1 tsp (5 ml) paprika
- 1/2 tsp (2 ml) each salt and freshly ground pepper
- 3 green onions, thinly sliced
- 2 stalks celery, thinly sliced
- half sweet red pepper
- 1/3 cup (75 ml) chopped fresh parsley or cilantro
- 2 firm-ripe avocados from Mexico, halved, pitted, peeled and diced
- 1/2 cup (125 ml) toasted pepitas or sunflower seeds

This recipe serves six to eight. COURTESY MISSAVACADO.CA

1. In saucepan, bring broth, garlic and cumin to boil over high heat. Stir in kasha; reduce heat to medium-low, cover and simmer until no liquid remains and kasha is tender, 15 mins. Scrape into bowl and let cool.

2. In separate saucepan of boiling salted water, cook sweet potato just until tender, about 5 minutes. Drain; let cool.

3. In bowl, whisk vinegar, oil, mustard, paprika, salt and pepper; add to kasha, along with green onions, celery, pepper and parsley; toss to coat. Fold in potatoes, avocados and pepitas.

4. Serve right away, or cover and refrigerate for up to 2 days (if making ahead of time, add avocado and pepitas just before serving). **MISSAVACADO.CA**

Lunch. Beef Stir-Fry Style Cold Salad

Versatile beef strips are great in a Thai-style salad!

Add a little thinly sliced chili pepper to the vegetables or some hot pepper flakes to the dressing if you like things hot.

1. In saucepan of boiling salted water, cook broccoli for 1 minute or until tender. Drain. Immerse in ice water until totally cool. Drain well. Pat dry on clean tea towel. Transfer to large bowl. Add cucumber, carrot and green onions.

2. In small bowl, make dressing: Whisk together lime juice, oil, fish sauce and sugar until sugar dissolves. Drizzle over vegetables; toss to combine. Add beef strips; toss once more. **PRESIDENT'S CHOICE**

Ingredients

- 1-1/2 cups (375 ml) quartered broccoli florets
- Half English cucumber, halved lengthwise and thinly sliced on diagonal
- 1 carrot, thinly sliced on diagonal
- 2 green onions, thinly sliced on diagonal
- 3 tbsp (45 ml) fresh lime juice
- 2 tbsp (25 ml) canola oil
- 2 tsp (10 ml) fish sauce
- 1/2 tsp (2 ml) granulated sugar
- 1 pkg (400 g) PC Sirloin Beef Strips

If you build it, a career in engineering will surely come

Create and be great.
The definition of 'engineer' is a broad one, but the perks of the profession are clear and plentiful

MEGHAN GREAVES
TalentEgg.ca

It's mandatory for engineers to keep up-to-date with all types of training, regulations, education and industry knowledge, so you can be confident you'll be working in an environment with the highest professional and legal standards. ISTOCK IMAGES

We know that the road to becoming an engineer can be a long one for students and new grads. From trying to keep your grades up, to getting involved in the engineering community, to somewhat maintaining a social life, it can be hard to see the very bright light at the end of the tunnel.

To keep you on the right path, we compiled a list of the greatest things about a career as an engineer.

From having some of the highest entry-level salaries, to being able to work anywhere in the world, aspiring engineers have plenty of job perks to look forward to after a gruelling undergrad.

There are plenty of options

There are tons of different sectors in the engineering industry, which gives students a lot of variety when choosing their career paths. Some of your options include mechanical, software, biomedical, chemical, environmental, and electrical engineering. With so many choices, it's almost certain that you'll find a sector that's just right for you.

Growth opportunities

Engineers often times receive extraordinary training, mentoring, and onboarding to ensure that they get started on the right foot. With this foundation, it's more likely that newly hired engineers will have the skills and resources needed to move up the ladder. Engineering companies will invest this type of effort into new graduates as they want to see them be successful, specifically within the company.

Location, location, location

Engineers can work everywhere and are needed everywhere! Just take Beverly Bradley's story for example. She has been able to start her engineering career in Gambia building a medical oxygen source for third world countries! Just about everywhere you look in the world there is a need and opportunity for engineers to be successful — they're definitely not limited to one location.

Competitive salary

The salary that comes with a career in engineering is a definite plus! To become an Engineer it takes a high level of education, skill, and dedication, so it makes sense that an Engineer's salary reflects these investments. According to our 2012 engineering salary guide, new grads entering the industry are amongst some of the highest paid career hatchers — and it only goes up!

In demand

With a large amount of retirees exiting the workforce in the near future and industry expansion, there's no shortage of engineering jobs. This doesn't mean that the industry isn't competitive, it means that if you put a solid effort into your job search and skill development there are career opportunities to be had.

Every day is different

Engineers are not professionals who always sit at a desk from 9:00 am to 5:00 p.m. Engineers work in all different types of environments (e.g., cities, rural areas, offices, forests, mountains) and during all hours of the day, depending on the task at hand. This not only makes the days go by faster, but also allows for variety, challenge, and diverse work opportunities.

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Great heights reached in a growing field

Best of the business. Interested in being an engineer? Check out these man-made marvels of the engineering field

MEGHAN GREAVES
TalentEgg.ca

"Big opportunities" are words often used when describing the perks of an engineering career. That's because engineers have competitive salaries, job growth, wide career variety, full benefits, and much more!

Beyond job perks, one of the greatest things about being an engineer is the innovative projects you will have the opportunity to be part of. Engineers have built historic innovations and achieved monumental feats that just can't be described in a job description.

So, we decided to compile a list of some of the greatest engineering projects of all time. Read on to get to get that extra push toward the profession.

The Internet

Technology engineers worked for decades to turn the Internet into what it is today.

- From its initial launch as a research, military and science tool in the 1950s, the Internet has grown to become a critical tool for everyday work and life. Future software and technology engineers will undoubtedly rely on this valuable invention throughout their careers!

Engineers collaborated to create the CN Tower to withstand earthquakes, lightning strikes, and thermal movements. Aspiring civil engineers will similarly need to draft building plans with Earth's movements and weather in mind. ISTOCK

Transcontinental Railroad

Before the ground-breaking construction of the Transcontinental Railroad, it would take on average five to six months of dangerous and expensive travel to cross the country! It took six years to complete the project, which was mostly done by hand. Engineering the railroad led to more money, jobs, immigrants, and expansion, which changed the way the nation functioned forever.

The Hoover Dam

The Hoover Dam was initially thought to be an impossible feat. But with the hard work and dedication of 200 engineers, the Hoover Dam was built and turned the flood-prone Colorado River into a source of economic development. To ensure the project was successful, engineers took into consideration weather, seismic activity, thermal movements, vehicle power, and structural bearings. The dam was fully completed by 1935, and is expected to last another 100 years!

Health technologies

Until the 20th century, medical diagnoses were often based on doctor's intuition rather than concrete evidence. Throughout the 1900s, medical engineering achievements aimed to change this. From the first electrocardiograph machine in 1903, to the creation of the pacemaker in 1930, medical engineers have played a vital role in developing live-saving health technologies.

The moon landing

The first moon landing remains one of the most extraordinary engineering feats of all time. Considering that in 1969, technology was in a huge transitional phase, it's crazy to think that an achievement such as this was accomplished during a time of punch cards and gigantic computers!

Panama Canal, Panama

This 77 kilometre waterway connects the Atlantic and Pacific Ocean and to this day plays a vital role in world shipping. Over 15,000 ships a year pass through the canal to deliver goods between coasts. The canal took over 10 years to complete with the dedication and sacrifice of thousands of engineers and labourers. This project is an excellent example of how engineering is used to connect the world.

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PADDLING FOR PEDIATRIC CANCER RESEARCH

Hundreds of Manitobans paddled for a purpose at this year's FMG Dragon Boat Festival, which took place at the Forks Sept 13-15.

While the event itself was a lot of fun for the participants, the bigger purpose for the 95 teams and their supporters was to raise much needed money for pediatric cancer research in Manitoba.

Last year, teams raised more than $320,000 for CancerCare and the Children's Hospital Foundation. This year, the goal is to raise more.

"In Manitoba, we fund 51 per cent of all pediatric clinical trials," says Annitta Stenning, executive director at CancerCare Manitoba Foundation, adding that Manitoba has the highest participation rate of pediatric trials in the country.

Stenning credits dragon boat paddlers for saving lives of many Manitoba children who have been diagnosed with cancer.

"The paddlers are a huge part of the solution; because of their support we are able to continue to fund over 51 per cent of trials at CancerCare Manitoba," she says, adding that many children are able to stay in the province for treatment because of this funding. These children also receive patient care at the Children's Hospital, which is why the partnership between the foundations is so important. "Thank you for the support, we are so grateful and we couldn't do it without them."

For more information, or to make a donation, check out manitobadragonboat.ca.

CONTRIBUTED

CONTRIBUTED

WALK FOR RESCUE AGILITY DOGS ON SEPT. 29

ACTIVE PAWS EVENT

There will be a parade of pooches in Transcona Sept. 29 for the first annual Walk for Rescue Agility, put on by Active Paws Manitoba.

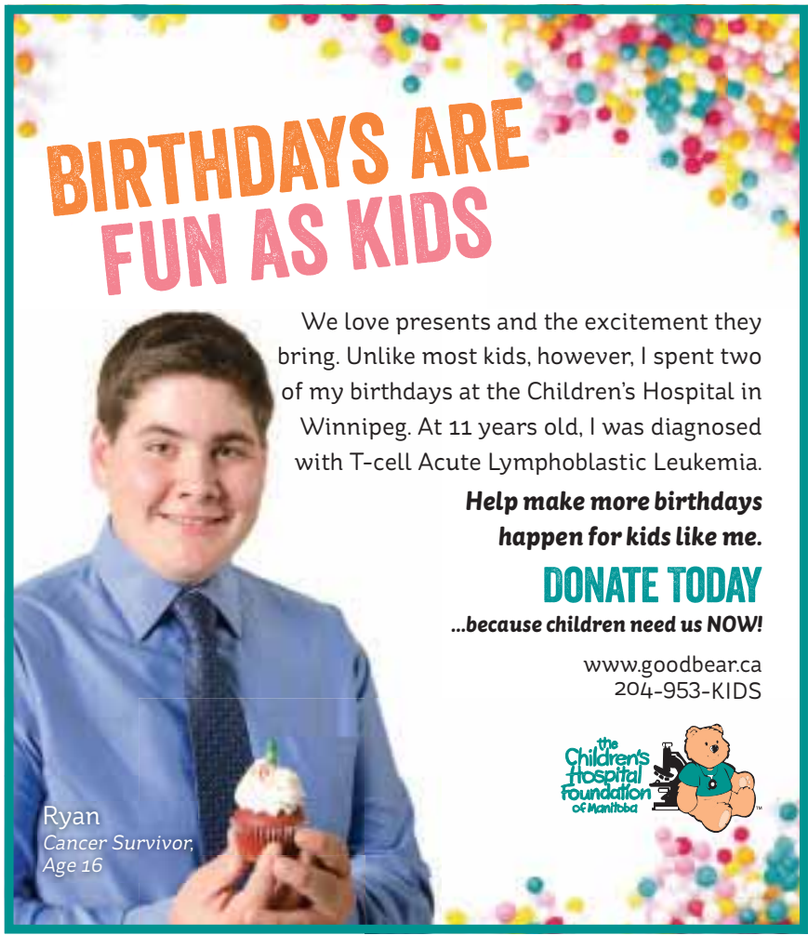
The event kicks off at 11:30 a.m. with a fundraising barbecue at the Oxford Heights Community Club at 359 Dowling Ave. E. Following lunch, people and pooches alike will hit the trail through Oxford Heights, down the Transcona Trail to the Park City West Community Club and back.

Miranda Jonasson, owner and instructor at Active Paws, says there is no required payment for people wanting to join the walk, although they are encouraged to get pledges to help cover the cost of agility training for rescue and foster dogs in Manitoba.

"Agility classes help the foster dogs become better family pets and get adopted quicker," Jonasson says. "It helps give the dogs unique skills and it helps them learn to trust people."

Jonasson has been training dogs since she was 12 years old. After completing business courses and professional dog training in Victoria, B.C., Jonasson started Active Paws Dog Agility Training in 2011.

For more information about the walkathon, or to enrol your pup in agility classes, visit activepawsmanitoba.com.


BIRTHDAYS ARE FUN AS KIDS
We love presents and the excitement they bring. Unlike most kids, however, I spent two of my birthdays at the Children's Hospital in Winnipeg. At 11 years old, I was diagnosed with T-cell Acute Lymphoblastic Leukemia.
Help make more birthdays happen for kids like me.
DONATE TODAY
...because children need us NOW!
www.goodbear.ca
204-953-KIDS
the Children's Hospital Foundation of Manitoba
Ryan
Cancer Survivor, Age 16

AP
Active Paws Agility
Non-Competitive, Just for Fun Way to Stimulate, Train and Bond with your Dog!
Various locations around Winnipeg
Walk for RESCUE Agility
Sunday, September 29th, 2013
Oxford Heights Community Club
359 Dowling Ave E., Transcona
Registration & BBQ
begins at 11:30am, Walk starts at 1pm
For more information check out our website:
www.activepawsmanitoba.com
204.899.8005 www.activepawsmanitoba.com Miranda@activepawsmanitoba.com

HELP PUNCH OUT CANCER WITH CURVES

Five Winnipeg Curves fitness locations are helping to punch out cancer with a new $10 punch card promotion for the month of October.

In honour of Breast Cancer Awareness Month, Curves is offering $10 punch cards, good for 10 workouts, with all proceeds going towards breast cancer research.

"The Curves mission is to strengthen women, and this promotion helps us do that," says Nicole Rogers, owner of the St. James Curves location.

Rogers says the international fitness club chain is committed to providing women with the tools necessary to empower them to live more fulfilling lives. Raising money for breast cancer research fits into that mission, considering that breast cancer is the most common cancer among Canadian women.

"The punch card is a way for women to get involved and help punch out cancer," Rogers says. "It also gives us the opportunity to teach the importance of exercising regularly and maintaining a healthy weight. After all, 30 minutes of 'me time' is always a good thing."

According to the Canadian Breast Cancer Society, one in nine women is expected to develop breast cancer during her lifetime, and out of that one of 29 will die from the illness. However, thanks to research, breast cancer death rates have declined in all ages combined and in every age group since the mid-1990s.

Punch cards are available for all Winnipeg women at five Curves locations throughout the city starting Oct. 1. A poster will be up in each club for participants to sign as a way to show community support.

The $10 punch card in support of breast cancer research is one of two annual fundraisers the participating Manitoba Curves locations throw each year. In March, the clubs hold a food drive in support of Winnipeg Harvest.

Curves says it is the largest fitness club in the world, which is known for its 30-minute circuit that features a full body workout with strength training and cardio.

For more information on the punch card program and the participating Curves locations, visit curves.com.

CONTRIBUTED

TOGETHER, WE CAN MAKE A DIFFERENCE.

For more information, contact:

St. James 8-2727 Portage Ave. 204-888-9833
Southdale 200-50 Lakewood Blvd. 204-256-3347
North Kildonan 6B-1795 Henderson Hwy. 204-338-7373
Transcona 9-1783 Plessis Rd. 204-224-2203
Dakota 6-1500 Dakota St. 204-256-3456

During Breast Cancer Awareness month, purchase a **$10 PUNCH CARD** and complete **10 WORKOUTS** in honor of a woman you know who has battled breast cancer.

All proceeds go to breast cancer research, so while you do something great for your body, you are also giving to a great cause.

Curves®

Limit one 10 workout punch card per person. Not valid with any other offer, no cash value and new fitness members only at participating locations. 10 visits must be completed by November 15, 2013. May be exchanged for first visit discount, based on first visit enrollment, minimum 12-month check draft program. Contract terms may vary by state. © 2013 Curves International, Inc.

LOBSTER CLAWS FOR A GOOD CAUSE

LE CERCLE MOLIÈRE'S 37TH ANNUAL FEAST SLATED FOR SEPT. 28

HUBERT PANTEL PHOTO

Le Cercle Molière's 37th annual all-you-can-eat Lobster Feast takes place at the RBC Convention Centre Sept. 28.

The fundraiser will once again play host to nearly 1,000 guests who will dine on fresh lobster specially delivered from Cap-Pelé, N.B.

"Last year we ordered nearly 6,000 pounds of lobster," says Lynne Connelly of Le Cercle Molière. "It's a huge event and it's different than the typical fundraising dinner. We are really lucky that someone came up with the concept because it's unique."

Aside from endless lobster, which will be served both hot and cold, guests will have a chance to win prizes, including a trip for two to Churchill, Man. Local band Ego Spank will perform, giving attendees an opportunity to dance off their dinner.

Proceeds from the Gala du homard/Lobster Feast will go back into the 88-year-old franco-Manitoban theatre company and brand new production centre.

Connelly says profits from the event will cover the cost of one of the theatre's upcoming productions.

"We really depend on this event," she says. "We're lucky enough to have a formula, like the Lobster Feast, that works for us."

For more, or to get tickets to 37th annual Gala du homard/Lobster Feast, contact Le Cercle Molière at 204-233-8053.

Photo: Steven Ackerman

37e/th

GALA DU HOMARD
LOBSTER FEAST

Annual Fundraiser for LE CERCLE MOLIÈRE

SATURDAY SEPTEMBER 28th 2013
RBC CONVENTION CENTRE WINNIPEG
All-you-can-eat Lobster
Music by Ego Spank

TICKETS & INFO (204) 233-8053

RBC Convention Centre Winnipeg · VIA Rail Canada · Lazy Bear Lodge · Manitoba Liquor & Lotteries · Frontier Toyota · Frontier Subaru · Caisse · La Liberté

SHOW HELPS PEOPLE AROUND THE WORLD

SCATTERED SEEDS TAKING PLACE OCT. 18-20

CONTRIBUTED

What started as a tiny craft sale in Deb Schwartz's living room nearly three decades ago has turned into Manitoba's largest locally run craft show — the Scattered Seeds Christmas Craft Show and Sale, which takes place Oct. 18-20 at the Red River Exhibition Place.

"Scattered Seeds was born in my living room," says Schwartz, founder and owner of the craft show that she now runs with her daughter, Megan Neumann. "We started in my house with just a few friends and family members, and through that we met a lot of people who did crafts and handiwork and invited more people to join us."

When the craft sale got too big for the Schwartz's living room 18 years ago, the group moved to the Transcona Country Club, then to the Assiniboia Downs and, eventually, settled at the Red River Exhibition Place three years ago.

More than just a craft show, Scattered Seeds works with charities such as CancerCare Manitoba, the Swaziland Market, and the African Market to help raise money and awareness for its cause to the 14,000 people who visit the show annually.

"It's an honour to be able to support these organizations," Schwartz says. "That's really a thrill for us, being able to use this platform as a tool to help people locally and beyond."

People attending the Scattered Seeds Christmas Craft Show and Sale will get the opportunity to buy products from vendors like the African Market, which sells handmade goods like batiks, bead jewelry, and crafts made by women in African slums. All the money raised goes to Beacon of Hope, a registered faith-based and community non-governmental organization instituted to address the HIV/AIDS pandemic among women in poor communities.

Most of the other exhibitors at Scattered Seeds are local Manitoba artisans.

"We are thrilled to have so much talent and creativity in the show," Schwartz says. "I'm always amazed."

The Scattered seeds Christmas Craft Show and Sale runs Oct. 18-20 at The Red River Exhibition Place, 3977 Portage Ave. Passes are $6 and allow craft seekers to come and go throughout the weekend. For more information, visit thescatteredseeds.com.

EIGHTEENTH ANNUAL | 2013
SCATTERED SEEDS
INC.
CHRISTMAS
CRAFT
SHOW & SALE
WWW.THESCATTEREDSEEDS.COM

FRIDAY, OCT 18
10AM - 9PM
SATURDAY, OCT 19
10AM - 9PM
SUNDAY, OCT 20
12PM - 5PM

RED RIVER
EXHIBITION HALL
3977 PORTAGE AVE

ADMISSION: $6

SPONSORED BY:
metro

The Jets' Evander Kane gets tangled up with the Oilers' Nail Yakupov at the MTS Centre on Tuesday night. TREVOR HAGAN/THE CANADIAN PRESS

Jets hold off Oilers for turbulent win

NHL pre-season. Three-goal cushion turns into victory by slimmest of margins

It was sloppy at times, but the Winnipeg Jets earned their first win of the pre-season by hanging on for a 3-2 nail-biter Tuesday night.

Michael Frolik scored on the power play and Carl Klingberg scored for the Jets in the second period. Eric Tangradi assisted on both.

Anthony Peluso added another for Winnipeg in the third period before Edmonton connected.

Mitchell Moroz put the Oilers on the board with less than four minutes left, with an assist from Philip Larson, and Larson then banged in his own less than half a minute later.

Regular starter Ondrej Pavelec made his pre-season debut in goal for the Jets, who now sit 1-1-1 after three games.

The Oilers (1-1-1) played former Dallas Stars netminder Richard Bachman, signed as a free agent this summer, who made some good saves but faced a lot more traffic.

The Jets outshot the Oilers 29-24 and in the first two periods outhit them 24-19.

Winnipeg's next game is Thursday against new division rival the Minnesota Wild.

Edmonton coach Dallas Eakins was applauded by Winnipeg fans who remember his time with the AHL's Manitoba Moose, where he finished his playing career.

He also played a couple of games with the old Winnipeg Jets just before they relocated to Phoenix. THE CANADIAN PRESS

On Tuesday

Jets	Oilers
3	2

NHL pre-season

Reigning Stanley Cup champions still on a roll

Patrick Sharp and Ben Smith scored 1:09 apart late in the second period, Corey Crawford made 19 saves and the defending Stanley Cup champion Chicago Blackhawks opened the pre-season with a 2-0 win over the Detroit Red Wings on Tuesday night.

Crawford, who played every minute of Chicago's playoff run, stayed in for the entire game.

Chicago's lineup included 14 members of the championship team, but captain Jonathan Toews (lower body) sat out.

THE ASSOCIATED PRESS

Super Bowl

Premium tickets double in price

Super Bowl fans can prepare to pay double for the best seats.

The NFL expects the most expensive tickets for its championship game will be about $2,600 each for 9,000 premium seats for the Feb. 2 game at MetLife Stadium in East Rutherford, N.J.

That's more than twice the $1,250 cost for similar tickets at last season's Super Bowl in New Orleans.

The next tier of seats is expected to go for $1,500, compared to $950 in New Orleans. About 40 per cent of general admission seats will be under $1,000.

The capacity of MetLife Stadium is 82,000, but it will be trimmed by about 5,000 seats to make room for media, cameras and security.

THE ASSOCIATED PRESS

No Bones about the favourite in title bout

Jon (Bones) Jones GETTY IMAGES FILE

He has never been knocked down or taken down in his UFC career. His one loss was in reality a win, with his injured opponent needing surgery afterwards.

Light-heavyweight champion Jon (Bones) Jones became the UFC's youngest-ever champion in March 2011 when, at 23 years and eight months, he defeated Mauricio (Shogun) Rua at UFC 128.

Now 26, Jones is the undisputed pound-for-pound king of mixed martial arts. And the American continues to rewrite the record book.

Jones (18-1) has lost just one round in his 13-fight UFC career. And the 205-pounder made former champion Lyoto (The Dragon) Machida pay for that first round at UFC 140 in Toronto, locking on a standing guillotine choke in the second round before dropping the unconscious Brazilian onto the canvas with a thud.

On Saturday, Sweden's Alexander (The Mauler) Gustafsson becomes the latest to attempt to derail Jones when the two face off at UFC 165 at Toronto's Air Canada Centre. It will be Jones' third championship fight in the Ontario capital.

At six-foot-five, Gustafsson (15-1) is a rare fighter who is taller than the six-four Jones.

A perhaps over-enthusiastic UFC TV promo calls the Swede "the toughest test of (Jones') career." The bookies aren't buying it, installing Jones as anything from a 7-1 to 12-1 favourite.

Jones is tied for most consecutive title defences (five) and most finishes (nine) in UFC light-heavyweight history. He already holds the record for most submissions (five) by a light-heavyweight.

THE CANADIAN PRESS

Setting it straight

The last time MMA fans saw Jon (Bones) Jones in the cage, the UFC light-heavyweight champion's left big toe looked as if it had been screwed on in the wrong direction following a TKO win in April over Chael Sonnen at UFC 159.

- Jones, who consulted a number of doctors, did not need surgery on the dislocated toe. But he still faced three to four months before it was fully healed.

Orioles close in on wild card

Chris Davis of the Baltimore Orioles hits a home run in the 6th inning against the Boston Red Sox at Fenway Park on Tuesday. Danny Valencia tripled to stop closer Koji Uehara's streak of 37 consecutive outs and scored on Matt Wieters's sacrifice fly in the ninth inning as the Orioles beat the Red Sox 3-2. Baltimore sits two games back of the Rangers, who pulled even with the Rays at the top of the AL wild-card race after snapping a seven-game losing streak with a 7-1 victory. JIM ROGASH/GETTY IMAGES

Injuries. Blue Jays slugger Encarnacion, pitcher Cecil done for the season

Toronto Blue Jays first baseman Edwin Encarnacion is scheduled to undergo wrist surgery this week and will miss the final two weeks of the regular season.

The all-star slugger will have cartilage damage repaired in his left wrist.

"They said it's a simple procedure to clean it out," manager John Gibbons said before Tuesday's home game against the New York Yankees. "He's been dealing with it all year and just got to the point where his bat launch (letting go of the bat on his swing) became too frequent. You could tell he was battling it."

Gibbons said that left-handed reliever Brett Cecil would also go on the disabled list with a sore elbow. Cecil will have an MRI exam this week.

"He's had some elbow discomfort for a little over a month," Gibbons said. "He hadn't been pitching much. He'll get an MRI in the next few days. They don't think (it is serious) but he will get it checked out."

Toronto's Edwin Encarnacion will undergo wrist surgery this week. ROSS D. FRANKLIN/THE ASSOCIATED PRESS FILE

Encarnacion finishes the season with 36 homers, 104 runs batted in, a .272 batting average and an on-base percentage of .370.

"He's had it on and off all year," Gibbons said. "That was the plan anyway, that he was going to have to get it cleaned up but it just got to the point now where he (needed surgery)." THE CANADIAN PRESS

MLB

Dickey, Jays deal Yankees their 4th straight loss

Colby Rasmus and Rajai Davis homered and R.A. Dickey struck out eight in seven shutout innings as the Toronto Blue Jays defeated the New York Yankees 2-0 on Tuesday.

Rasmus hit his 21st homer of the season — and third in three games since returning from the DL — in the fourth inning against Andy Pettitte. Davis hit his sixth of the season against right-hander Shawn Kelley in the seventh.

The loss in the opener of a three-game series was the fourth in a row for the Yankees (79-72), who entered Tuesday 2 1/2 games out of an American League wild-card spot.

The Blue Jays (69-81) have won only twice in their first seven games of a nine-game homestand.

Dickey (13-12), meanwhile, held the Yankees to four hits and two walks to win his fourth consecutive decision. THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	92	60	.605	—
Tampa Bay	82	68	.547	9
Baltimore	80	70	.533	11
New York	79	72	.523	12½
Toronto	69	81	.460	22

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	87	63	.580	—
Cleveland	81	69	.540	6
Kansas City	79	71	.527	8
Minnesota	64	85	.430	22½
Chicago	59	91	.393	28

WEST DIVISION

	W	L	Pct	GB
Oakland	88	62	.587	—
Texas	82	68	.547	6
Los Angeles	73	77	.487	15
Seattle	66	84	.440	22
Houston	51	99	.340	37

Tuesday's results
Toronto 2 N.Y. Yankees 0
Baltimore 3 Boston 2
Texas 7 Tampa Bay 1
Seattle at Detroit
Cincinnati at Houston
Minnesota at Chicago White Sox
Cleveland at Kansas City
L.A. Angels at Oakland
Monday's results
Chicago White Sox 12 Minnesota 1
Cincinnati 6 Houston 1
Detroit 4 Seattle 2
Kansas City 7 Cleveland 1
L.A. Angels 12 Oakland 1
Tampa Bay 6 Texas 2
Wednesday's games — All Times Eastern
Minnesota (Diamond 5-11) at Chicago White Sox (Danks 4-13), 2:10 p.m.
L.A. Angels (Vargas 8-7) at Oakland (Griffin 14-9), 3:35 p.m.
N.Y. Yankees (Hughes 4-13) at Toronto (Happ 4-6), 7:07 p.m.
Seattle (Iwakuma 12-6) at Detroit (Verlander 13-11), 7:08 p.m.
Texas (Holland 9-9) at Tampa Bay (Archer 9-7), 7:10 p.m.
Baltimore (Chen 7-7) at Boston (Peavy 11-5), 7:10 p.m.
Cincinnati (Reynolds 1-2) at Houston (Peacock 5-5), 8:10 p.m.
Cleveland (Salazar 1-2) at Kansas City (Chen 7-3), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	89	62	.589	—
Washington	81	70	.536	8
Philadelphia	71	80	.470	18
New York	67	82	.450	21
Miami	55	96	.364	34

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	87	63	.580	—
Pittsburgh	87	64	.576	½
Cincinnati	85	66	.563	2½
Milwaukee	66	83	.443	20½
Chicago	63	87	.420	24

WEST DIVISION

	W	L	Pct	GB
Los Angeles	86	64	.573	—
Arizona	76	73	.510	9½
San Diego	70	80	.467	16
San Francisco	69	81	.460	17
Colorado	69	82	.457	17½

Tuesday's results
Philadelphia 6 Miami 4
San Diego 5 Pittsburgh 2
Washington 6-4 Atlanta 5-0
San Francisco at N.Y. Mets
Chicago Cubs at Milwaukee
St. Louis at Colorado
L.A. Dodgers at Arizona
Monday's results
Arizona 2 L.A. Dodgers 1
Colorado 6 St. Louis 2
Milwaukee 6 Chicago Cubs 1
Philadelphia 12 Miami 2
San Diego 2 Pittsburgh 0
Atlanta at Washington (ppd., local shooting)
Wednesday's games — All Times Eastern
San Diego (Ross 3-8) at Pittsburgh (Morton 7-4), 7:05 p.m.
Miami (Eovaldi 3-6) at Philadelphia (Miner 0-1), 7:05 p.m.
Atlanta (Wood 3-3) at Washington (Ohlendorf 4-0), 7:05 p.m.
San Francisco (Cain 8-9) at N.Y. Mets (Harang 0-1), 7:10 p.m.
Chicago Cubs (Rusin 2-4) at Milwaukee (Thornburg 2-1), 8:10 p.m.
St. Louis (Wainwright 16-9) at Colorado (Chatwood 7-4), 8:40 p.m.
L.A. Dodgers (Fife 4-3) at Arizona (McCarthy 4-9), 10:10 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	11	7	4	0	321	288	14
Hamilton	11	5	6	0	288	303	10
Montreal	11	4	7	0	259	321	8
Winnipeg	11	2	9	0	224	333	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	11	9	2	0	346	268	18
Saskatchewan	11	8	3	0	354	258	16
B.C.	11	7	4	0	301	280	14
Edmonton	11	2	9	0	259	301	4

Friday's game — All Times Eastern
Edmonton at Winnipeg, 8 p.m.
Saturday's games
Montreal vs. Hamilton (at Moncton), 4 p.m.
Toronto at Calgary, 7:30 p.m.
Sunday's game
B.C. at Saskatchewan, 4:30 p.m.

NFL

Monday's result
Cincinnati 20 Pittsburgh 10
Sunday's results
Green Bay 38 Washington 20
Arizona 25 Detroit 21
Baltimore 14 Cleveland 6
Denver 41 N.Y. Giants 23
San Diego 33 Philadelphia 30
Houston 30 Tennessee 24
Atlanta 31 St. Louis 24
New Orleans 16 Tampa Bay 14
Oakland 19 Jacksonville 9
Miami 24 Indianapolis 20
Chicago 31 Minnesota 30
Seattle 29 San Francisco 3
Kansas City 17 Dallas 16
Buffalo 24 Carolina 23
Thursday's game — All Times Eastern
Kansas City at Philadelphia, 8:25 p.m.

MLS

Friday's game — All Times Eastern
Colorado at Portland, 10 p.m.
Saturday's games
Vancouver at Montreal, 2 p.m.
Kansas City at Toronto, 4 p.m.
Chicago at Columbus, 7:30 p.m.
D.C. at New England, 7:30 p.m.
Chivas at Houston, 8:30 p.m.
San Jose at Salt Lake, 9 p.m.
Seattle at Los Angeles, 10:30 p.m.
Sunday, September 22
Dallas at New York, 5 p.m.

DRIVE 5

The 2014 GMC Sierra

ALL PHOTOS WHEELBASEMEDIA.COM

Review. From top to bottom it's as new as it gets, right down to three brand new engines

MALCOLM GUNN
wheelbasemedia.com

With nearly endless combinations of powertrains, features and cab choices, you would be hard-pressed to find two identical pickup trucks on the road.

That's certainly the case with General Motors' light-duty cousins — the Chevrolet Silverado and GMC Sierra — although both share the same basic structure and running gear. For 2014, each continues with its own style and attitude, although the "attitude" part is hard to define, exactly.

While Chevrolet positions the Silverado as a kind of middle-ground pickup for both work and play, in the Sierra's case those virtues are distinctly separated. More basic GMC models accentuate the "Professional Grade" tag and the pitch is directed at buyers who rely on their pickups to earn a living. At the opposite end of the scale is the Sierra Denali sub-brand that places a much higher value on coddling content.

In either case, the Sierra's primary identification point can be spotted in your rearview mirror. The entire front end, including grille, headlights, bumper and in-your-face GMC logo, are more massive than before and in total make a bolder statement than the Silverado does. Of course as you scale the trim-level ladder the appointments become more luxurious and the cabin resembles something approaching a high-end limo, especially in the four-door crew-cab models. Limo-quiet cabins have also been the focus of GMC's designers. Improvements in aerodynamics, insulation and weather sealing help shut out intrusive noises.

Note that for 2014 the rear doors of the double cab (which has smaller doors than the crew cab) are now front-hinged just like the crew cab's doors, as opposed to being rear hinged, to provide easier access to the back seat. Just as a greater use of aluminum in fabricating various body panels and suspension parts has kept the Sierra's weight in check, the V6 and V8 engines also benefit.

All use aluminum cylinder blocks and incorporate direct injection, whereby fuel is forcefed into the cylinders under high pressure. That allows the fuel load to be tailored for very specific use. There's also continuously variable valve timing for improved low- and high-speed performance, while half the cylinders in V8 engines will automatically shut down in steady-state cruise conditions to save fuel. The V6 engine also runs on four cylinders in such situations.

What that all means is a standard 4.3-litre V6 — for all cab styles and in rear- and four-wheel-drive — that might have the same displacement as before, but now makes 285 horsepower and 305 pound-feet of torque. The old iron 4.3 was good for just 195/260 pound-feet. Now, that's good progress.

The 6.2 is standard in the Sierra Denali, which has as a rather substantial list of content. Unique 20-inch chrome wheels adorn the exterior, while wood and leather (including heated and cooled front seats) coat interior surfaces.

The Sierra starts at $25,100 for a basic V6 work truck, but heading into Denali territory and you could easily double that amount. Either way, with variety like this it's even more doubtful that you'll find two identical Sierras anywhere.

2014 GMC Sierra

- **Type.** Two- /four-door, rear-/four-wheel-drive full-size pickup
- **Engines (hp).** 4.3-litre OHV V6 (285); 5.3-litre OHV V8 (355); 6.2-litre OHV V8 (420)
- **Transmissions.** Six-speed automatic
- **Base price (incl. destination)** $27,800

GMC vs Chevy

Some minor sheetmetal differences exist between the Chevy and the GMC, but that's about it. Even the interiors of the two pickups share the same basic dash, control panel and available touch-screen communications centre that are a masterstroke of efficient legibility.

Fuel Economy

Mated to a standard six-speed automatic transmission, fuel consumption is reduced to 11.9 l/100 km in the city and 8.4 om the highway (previously 13.7/9.1). V8 choices consist of a new 5.3-litre unit with 355 horses and 383 pound-feet, up from 315/335, and a 6.2-litre piece rated at 420/450 pound-feet. That compares to the previous 6.2's 403/417 rating. The new engine is based on the V8 in the new 2014 Corvette. The 5.3 is rated at 13.0/8.7 l/100 km, but the 6.2's fuel numbers have yet to be divulged, although GMC says it will have a 5,450-kilogram tow rating.

Soft-touch upholstery is everywhere inside with tons of storage spots

Compare

1 Ford F-150
Base price: $21,800

2 Ram 1500
Base price: $26,500

3 Toyota Tundra
Base price: $27,800

Doug R. and his son **Mark R.**
Ford Owner - 40 Years Ford Owner - 2 Years

Suzanne S. and her father **Bruce H.**
Ford Owner - 6 Years Ford Owner - 20 Years

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Titanium model shown

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PER MONTH

WITH $750 DOWN | OFFERS EXCLUDE FREIGHT AND A/R TAX

WELL EQUIPPED WITH:
MyFord® with 4" Colour Display
Air Conditioning
Active Grille Shutters
AND MUCH MORE.

Platinum model shown

2013 F-150 XLT

SUPER CAB 4X4 5.0L

10.6L 21 MPG
15.0L/Cruise 16 MPG

Employee Price Adjustment	$4,423
Delivery Allowance	$7,250
Total Price Adjustments	$11,673

SHARE OUR EMPLOYEE PRICE **$27,526***

OR LEASE FOR ONLY

$335* @ **0.99%** APR* FOR 24 MONTHS

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WELL EQUIPPED WITH:
17" Machined Aluminum Wheels
AdvanceTrac® with RSC®
Trailer Sway Control
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BEST-SELLING TRUCKS 47 YEARS

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ELIGIBLE COSTCO MEMBERS **RECEIVE AN ADDITIONAL** **$1,000**††

YOU PAY WHAT WE PAY. BUT ONLY UNTIL SEPTEMBER 30TH

SIMPLY VISIT YOUR PRAIRIE FORD STORE OR PRAIRIEFORD.CA TO GET YOUR EMPLOYEE PRICE* TODAY.

Ford

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SiriusXM

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The new 2013 Subaru Outback. They say fresh air clears the mind. Perhaps that explains the exceptional thinking behind the 2013 Outback. Refined from the inside out, including a new 2.5-litre SUBARU BOXER engine that produces increased performance, yet with greater fuel efficiency. Or available EyeSight™ driver-assist system that monitors the road and can recognize potential danger – acting as your second set of eyes.** And of course our acclaimed symmetrical full-time All-Wheel Drive to get you as far away from the city – and the endangered list – as possible. Learn more at **subaru.ca**

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WELL EQUIPPED FROM
$28,495*

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2010 Subaru Sport

Sport fun & AWD. Local trade with warranty. Only 36,000 kms. Stk. #13325A

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auto air pw and power locks, local one owner trade, only 13,000kms. Stk#13306a

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$14,988

2009 Subaru Forester LTD

Driven by the good Doctor! Loaded with leather, sunroof & more, full service records & warranty. Stk#14074a

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$18,940

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2007 Toyota Rav4 Ltd AWD

Auto air pw pl and more. Local trade. Warranty and more. Stk#14012b

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2010 Subaru WRX 265 AWD

Now this is fun. 265 hp of energy and adrenaline. Factory warranty. Stk#92770

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2007 Toyota Camry Hybrid

Only 74,000kms. Amazing fuel mileage and value, Stk# 14061a

PRICED TO ENJOY AT
$9,773

Horoscopes

♈ Aries
March 21 - April 20
You don't have to batter your rivals into submission. The planets warn if you come on too strong they could hold a grudge that one day comes back at you. What goes around comes around.

♉ Taurus
April 21 - May 21
If a friend wants you to make a commitment today, don't refuse out of hand. With Venus, your ruler, linked to Saturn, it is in fact a good time to dedicate yourself to a cause.

♊ Gemini
May 22 - June 21
It may feel as if your hopes and wishes have been thrown into reverse but that is not the case: You are still on track to realize your dream. Focus on something mundane today — you will find that it helps.

♋ Cancer
June 22 - July 23
You may have to play along with someone and make them believe that you are still on their side but tomorrow's full moon will make clear your deception. A partnership will certainly be put to the test.

♌ Leo
July 24 - Aug. 23
Try not to say anything that causes resentment. Loved ones are liable to be touchy over the next 24 hours, so weigh your words carefully and, if in doubt, try saying nothing at all.

♍ Virgo
Aug. 24 - Sept. 23
Be the one who speaks up when others are too scared to make their thoughts known. Don't worry that you might provoke a negative response — it's better than no response.

♎ Libra
Sept. 24 - Oct. 23
It is pointless arguing with people whose way of looking at life is different to your own. Accept that you'll never see eye-to-eye and find friends you find it easier to converse with.

♏ Scorpio
Oct. 24 - Nov. 22
Venus linked to Saturn in your sign today should remind you that you are rich in the things that matter. Most important among them are relationships and the values you share with those you love.

♐ Sagittarius
Nov. 23 - Dec. 21
If you withhold information from others, you better have a good reason. The planets warn they won't be happy at being kept in the dark. You may have the right to silence but you don't have to use it.

♑ Capricorn
Dec. 22 - Jan. 20
If you are upset about a partnership matter, speak up. The longer you suffer in silence, the harder it will become to tell them what is wrong. Don't worry, they'll understand.

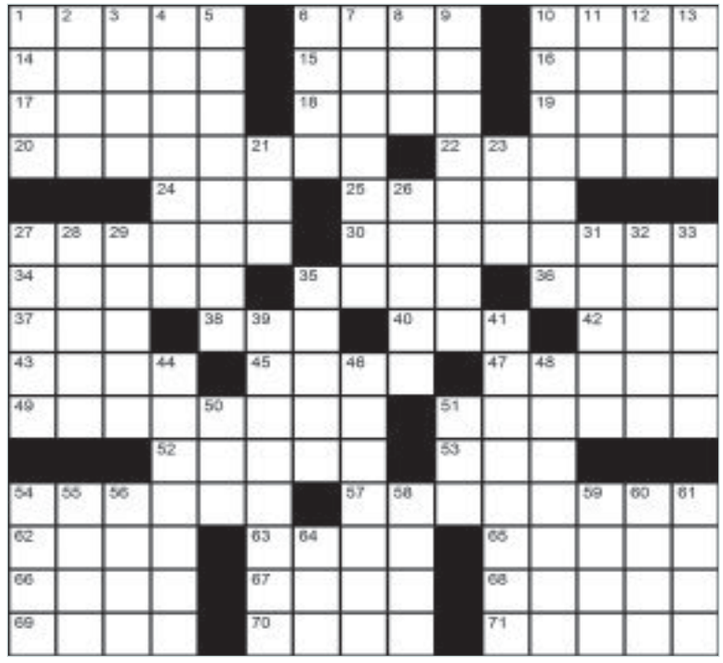
♒ Aquarius
Jan. 21 - Feb. 19
If you believe in what you are doing then it is as good as done. However, if there are doubts in your mind, your progress will falter, so make sure your mind is clear.

♓ Pisces
Feb. 20 - March 20
You may have to postpone something you were looking forward to today but don't get angry about it. A few days from now you will come back to it refreshed and determined to succeed. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

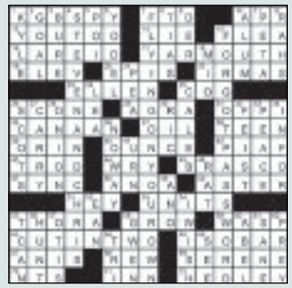
BY KELLY ANN BUCHANAN



Across
1. "General Hospital", and others
6. Rugged cliff
10. 'B' of BFF
14. Ms. Sevigny
15. Swanky transport
16. Ornamental purse
17. World org. based in NYC: 2 wds.
18. Worldwide, wee-ly
19. Land measure
20. British Columbia's capital
22. Be uncertain
24. U2's Ii'l land
25. Ms. Flynn Boyle's
27. Medical building
30. Montreal street; or, surname of Canadian actor Conrad Bain's role on "Diff'Rent Strokes"
34. Thesaurus compiler, Peter Mark __ (b.1779 - d.1869)
35. Not-against votes
36. Quito is its cap.
37. WWII operation, __ Jima
38. Friend ...en francais
40. Sneeze starters...
42. Skirt part
43. Prefix to 'morphosis'
45. "__ Rider" (1969)
47. Sculpt wood
49. "Income __" (Canadian series about creating a home rental unit)
51. Menu option under 'File': 2 wds.
52. Katy Perry's forthcoming album
53. Alien's craft, commonly
54. Tale of myth
57. Winnipeg-born anchor on CNN, Ashleigh __
62. Gumbo ingredient
63. It's pumped at gyms
65. More curious
66. Dish
67. Old, to Robert Burns
68. Resulted in: 2 wds.
69. Increases
70. "The Untouchables" role, Eliot __
71. Sag

Down
1. Canuck comedy sketch show
2. "__, __." (I-didn't-know-you-were-here type of greeting)
3. Sir Guinness
4. Quebec dish
5. Spanish 'Miss'
6. Nero's 152
7. CTV News anchor, Sandie __
8. Li'l quantity
9. Yukon event, Klondike __: 2 wds.
10. "Duh...": 2 wds.
11. Carve into stone
12. "You betcha!"
13. Level
21. Tape a li'l TV show
23. will._.__
26. Wide assortment
27. Make hair wavy
28. Decrease
29. "_ __ __ Extremes" by Billy Joel
31. Earthy pigment
32. __ York (New York, in Spanish)
33. Equivalent titles to 'Sirs' for women
35. Cars of Italy
39. Tragically Hip's "At the Hundredth __"
41. Michelangelo's support in the Sistine Chapel
44. Lost court case recourses
46. Icons
48. One who shuns
50. 'North' suffix
51. Yellow thing in the sky
54. Toronto's Casa
55. Just managed, with Out
56. Diploma-getter, briefly
58. These things: & & &
59. Vegetable stand selection
60. Actor/singer Jared
61. Lose one's grip
64. Actress, Sara __

Yesterday's Crossword

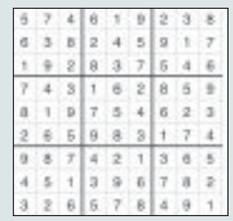


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7			2	3		6	
4								
				8	6		7	1
7		1		9		3		
			2		5			
		9		1		4		2
9	6		1	5				
								5
	8		6	3			2	

Yesterday's Sudoku



Weather

TODAY	THURSDAY	FRIDAY
MAX: 25° MIN: 14°	MAX: 18° MIN: 8°	MAX: 15° MIN: 5°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Join the Celebration!

Support the next 75 years at Red River College. Build our Future. Buy a Brick.

Engraved brick walkways are a great way to celebrate those with a special connection to Red River College.

- Proceeds go to the College's 75th Anniversary Endowment Fund
- Walkways will be located at the Notre Dame and Exchange District Campuses
- Honour a friend or loved one, or mark a special occasion. It's up to you!

Don't miss this chance to ensure you'll be a part of our lasting legacy.
For more information, visit **rrc.ca/buyabrick**

For a complete listing of our 75th anniversary events, visit **rrc.ca/75years**

Your commitment to the College – set in stone!

CELEBRATING 75 YEARS
RED RIVER COLLEGE